



**Empowering
Voices
Crafting Your
PBC Narrative**

Agenda

Or: "What You'll Learn From This Session"

- ★ **The importance of storytelling**

Explore how storytelling can foster connections, raise awareness, and change lives.

- ★ **Crafting your narrative**

Learn effective tips, tricks, and strategies to structure your story to resonate with others while staying true to you.

- ★ **Navigating challenges**

Discuss common challenges/pitfalls and how to address them.



About Me



I'm a writer with over 10 years of experience in different industries. Storytelling is my passion!

I'm an avid reader (13 books this year so far), traveler, and iced coffee drinker.

And I survived a rare disease when I was a child (all good now!)



Why Storytelling Matters

“After nourishment, shelter, and companionship, stories are the things we need most in the world.”

- Philip Pullman

“There is no greater agony than bearing an untold story inside you.”

- Maya Angelou

Survey Responses

Challenges and Barriers in Storytelling

★ Fear

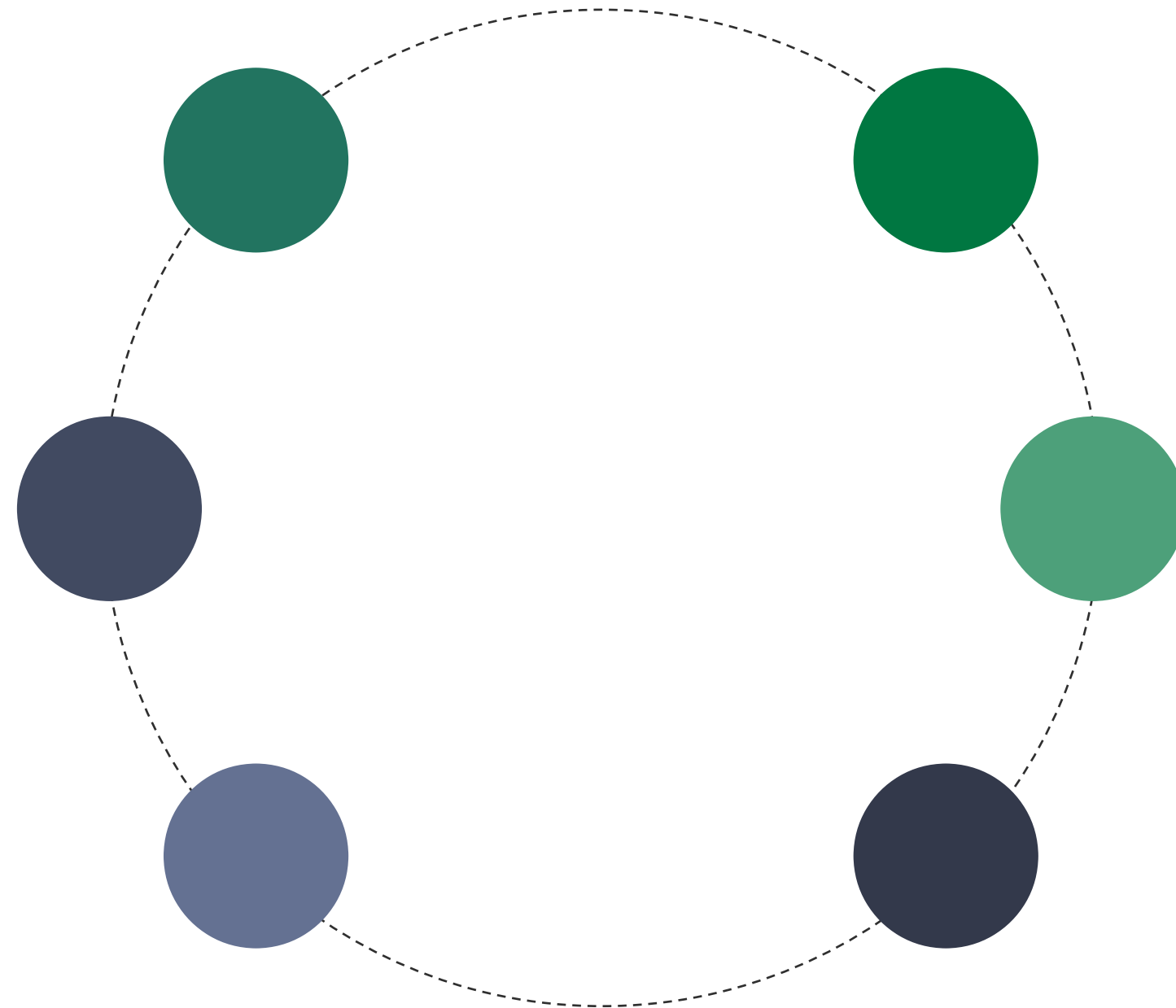
Telling your story can be frightening and overwhelming.

★ Not Knowing the Right Words

Trying to find the right words to can be challenging.

★ Anxiety

If you've dealt with medical trauma, storytelling can be challenging.



★ Lack of Support

A lack of support from friends, family, or the community can cause isolation.

★ Privacy

When telling your story, you might want to protect certain details.

★ Lack of opportunity

How do you find the right places or people to share your story with?

A woman with long blonde hair in a ponytail, wearing a light blue tank top, stands with her back to the camera in a forest. Her arms are raised in a 'V' shape. The scene is overlaid with a large teal circle that has a white border. The text is centered within this circle.

Effective Storytelling Techniques

Tell your story the way that you
want.

Find Your Voice

Through These Helpful Techniques

- A** **AUTHENTICITY**
Be genuine and true to your experiences. Your story is yours - own it.
- B** **VULNERABILITY**
Share your struggles, but create a list of talking points to help if you feel uncomfortable.
- C** **CLARITY**
Connect with other PBC patients, family and friends

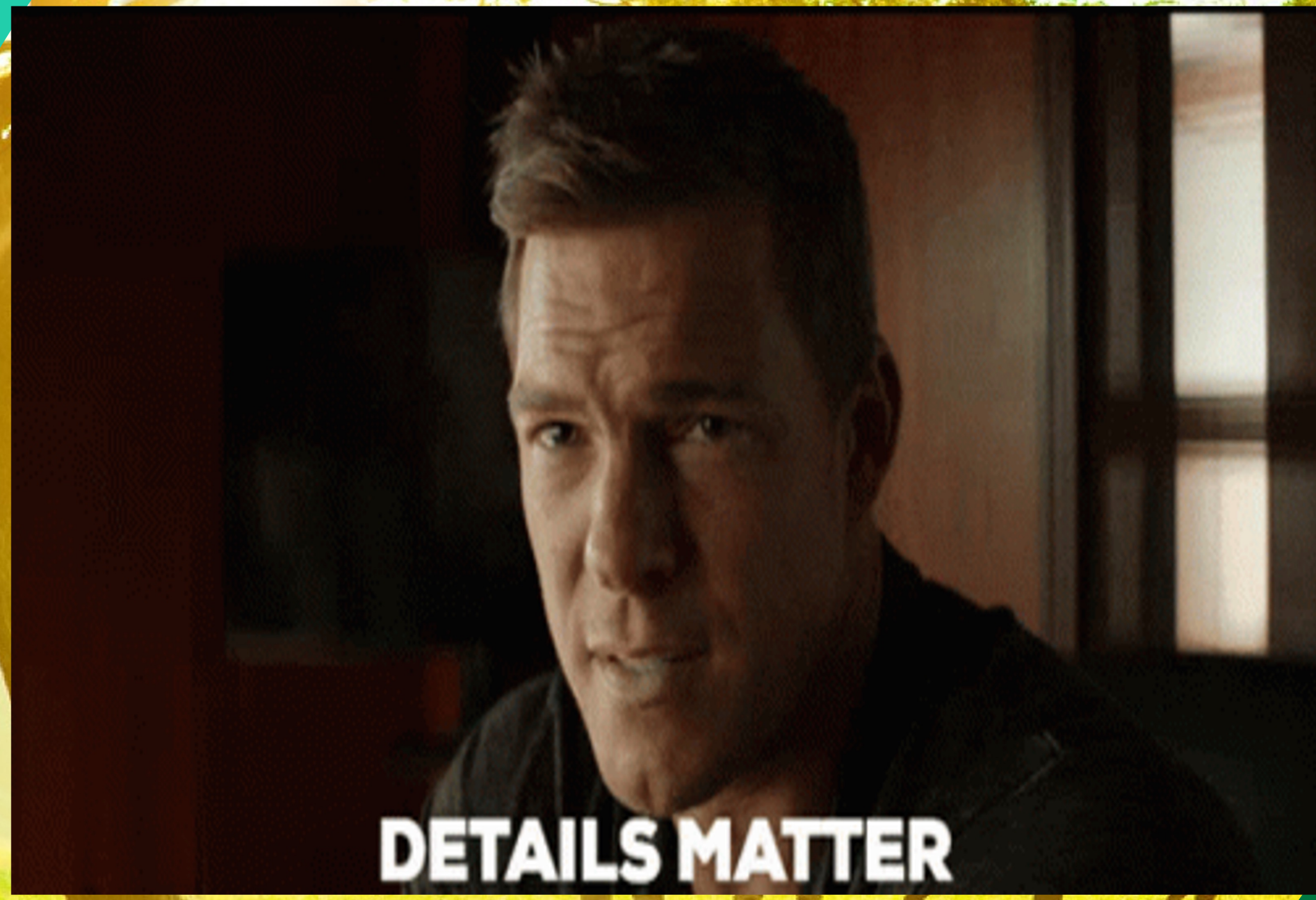


A woman with her back to the camera, arms raised, in a forest setting, overlaid with a teal circular graphic.

Storytelling Pitfalls

How to keep people interested –
and not disengaged

DETAILS MATTER



Common Pitfalls

And Strategies to Overcome Them

★ **Writer's/Speaker's Block**

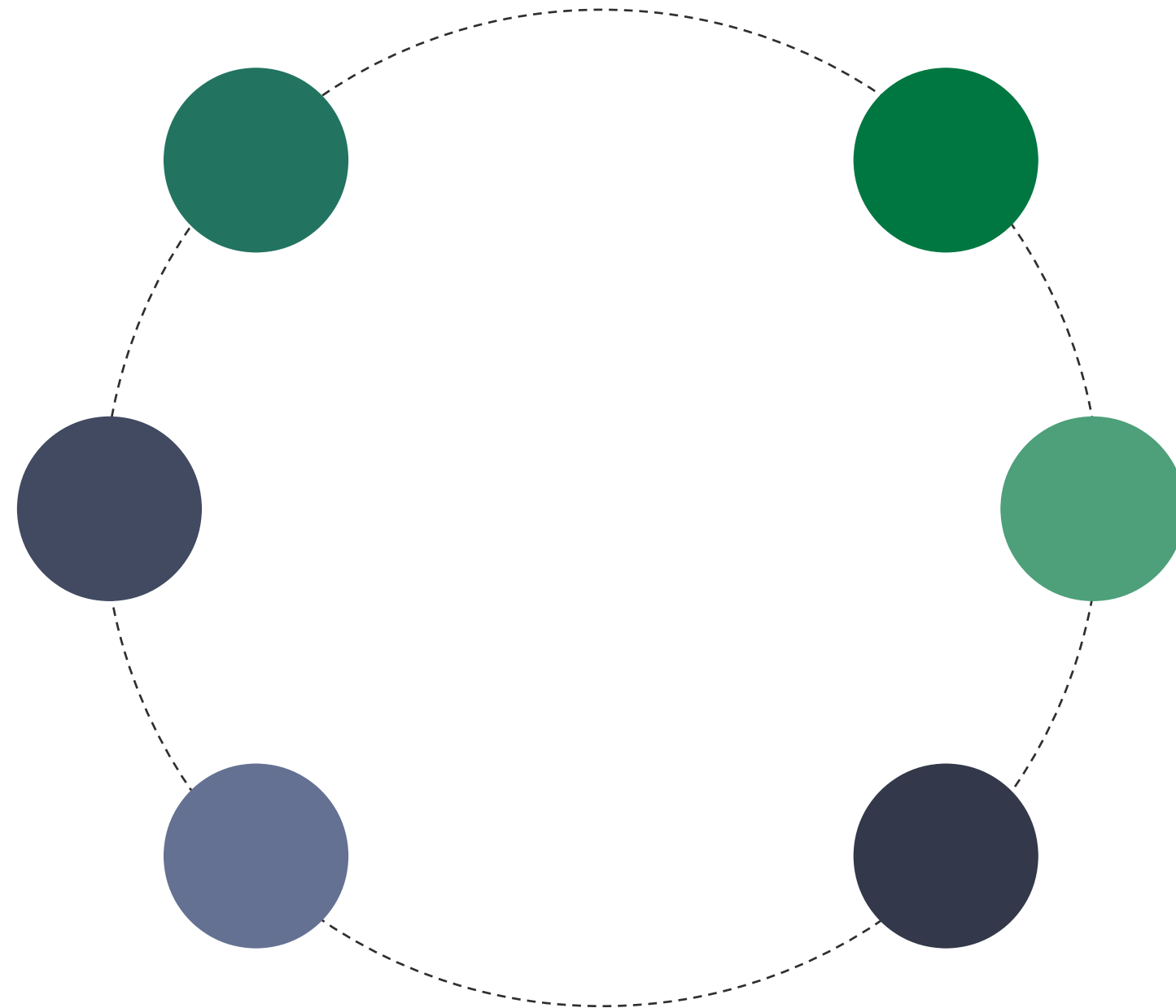
Not knowing what to say or how to say it - you're stuck!

★ **Comparing Yourself to Others**

Comparison is the thief of joy.

★ **Perfectionism**

Your story and voice don't have to be perfect.



★ **Lack of Support**

A lack of support from friends, family, or the community can cause isolation.

★ **Privacy**

When telling your story, you might want to protect certain details.

★ **Lack of opportunity**

How do you find the right places or people to share your story with?



Any Questions?

Because we've got answers!

#Absentia

YOU JUST HAVE TO

**WANT TO WORK WITH A
PATIENT WORTHY WRITER TO
HELP TELL/SHARE YOUR
STORY?**

**PLEASE REACH OUT AFTER
THIS PRESENTATION - I'D
LOVE TO TALK MORE!**



Contact

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